



Global Taekwon-Do Federation

Technical Committee

1. Basic terms

tae - kick

kwon - punches

do - art is the way

Jedja - is a student

sonbe him - a senior student

busabom nim - teacher's assistant (1 -3 dan)

sabom him - instructor (4 -6 dan)

sahe nim - master (7 -8 dan)

sasong nim - great master (9 dan)

doyang - training hall, competition area

dobok - a form for occupations

hip - student degree

dan - workshop degree

suren - training

piles - hands

ball - legs

kupso - vulnerable parts of the body

mok - neck

gasum - chest

bokbu - press

chagi - a kick

chirugi - a piercing blow

terigi - a chopping blow

tulgi - a prickly blow

gutgi - cutting blow

blinking - a push

macgee - is a block

sogi - stable

japgi - is a hobby

orundzhok, wenjok - right, left (turn - uro tora)

ap, yup, dvit - forward, sideways, backward

anuro, bakuro - inside, outside

nere, olle - down, up

andje, irosot - sit down, get up

sason - obliquely, diagonally

baro - direct (of the same name)

gang - reverse (different names)

onmom - frontal position of the body

nadjunde, kaunde, nopunde - lower, middle, upper body

tora - turn

share - in a circle

dollyo - with a reversal

kyocha - through

sang - double

sudzhik - vertically

supyong - horizontally

heche - sliding

twimyo - a jump

mikulme - sliding

daribuligi - stretching exercises (twine)

yulton - "wave" (the principle of movement in taekwondo)

chem - power

masogi - sparring

hyung - technical complexes

kekpa - breaking

sentence - measuring the force of impact (synonymous with kekpa)

t ki - special. machinery

hosin sul - self-defense

dalon - strengthening the body (stuffing)

kihap - "use of energy" - a cry that accompanies the moveme

kyong gi - competition

jeep jung - concentration

chongxing - the spiritual component of personality, morality

chongxing tongil - "unity of spirit" (meditative taekwondo exercise)

ti - the belt

synce dalon - physical training

il hop dil sa - one blow on the spot

sibum - demonstration performances

simsa - certification

keng gi ke jong - competition rules

mara yes - I understood you

chyio - remarks are made to the referee of the athlete who broke the rules during the fight, three remarks are removed one point

kamchun - warning, issued by the referee of the athlete, grossly violated the rules during the match, with a warning immediately removed one point, three warnings automatically indicate the disqualification of the athlete

silkyuk - disqualification

2. Teams

mye - to be built

charot - attention (accept the rack of "attention")

kune - bow

sie - freely

junbi - to prepare

si chuck - to perform

humane - to finish

baro - straight (return to starting position)

dashy - repeat

kesok - to continue

gede - to change

bandero - back, in the other direction

uro, charo, diro dora - turn right, left, circle

apro (diro) ka - forward, backward - march

andje - to sit down

iro sot - to get up

dobok chungdan - to correct the form

chonchoni - perform slowly

chemice - perform powerfully, quickly

guro op si - without a team (exercise is performed without a score)

guro macha co - with the team (exercise is performed on the score)

tirgagi - back

nagagi - forward

gudjari - in place

khana, tul, set, no, tasot, esot, ilgop, edol, ahop, el - score from 1 to 10

3. Impact parts of the body

jumok - is a fist

ap, yup, dung, mit - jumok - front, side, back, bottom of the fist

sonkal - the edge of the palm on the side of the little finger

sonkal dung - the edge of the palm of the thumb

sonkal batang - the base of the ribs of the palm

sonkut - fingertips

sonbadak - palm

son dung - the back of the hand

bandalson - arm arch (arc)

palmok - forearm

an, bakkat, dung, mit - palmok - inner, outer, back, lower forearm

palkup - elbow

upkupchi - foot pad

balkal - the outer edge of the foot (foot rib)

balkal dung - the inner edge of the foot

baldung - the rise of the foot

balbadak - sole

dvitchuk - the back of the heel

dvitkupchi - the lower part of the heel

murup - knee

khan songarak - one finger (index finger)

du songarak - two fingers (index and middle)

songarak badk - finger pads

jeepge son - tongs

indji jumok - a blow to the phalanx of the index finger

jungji jumok - a blow to the phalanx of the middle finger

son mok - bending of the brush (an-, bakat-, dung-, mit-)

omdji - thumb

omdji batang - the basics of the thumb

jiap - pressing fingers

peony jumok - the base of the palm

4. Racks (sogi)

narani sogi - parallel rack

charot sogi - a stand of attention

annun sogi - sitting stand (rider)

hunnun sogi - is a walking stance

nundja sogi - is a stable L-shaped

gojong sogi - deep stand

guburo sogi - stand on a bent leg (options: A, B)

vebal sogi - stand on a straight leg

dvit ball sogi - stand on the hind leg

moa sogi - stand legs together (options: A, B, C, D)

kyocha - cross legs

nache sogi - long rack

sudzik sogi - vertical rack

ogure sogi - grouped rack (diagonal rack option - sason sogi) - knees bent inward

sason sogi - diagonal rack

kune jase - bowing position

paldja sogi - open rack (options: en Palja Soga and Bakat Palja Soga)

moosa junbi sogi - Warrior Readiness Stand (Variants: "A" and "B")

junbi sogi - steady readiness

hanal son - hands of the sky (this is not a stand, but the position of the hands)

5. Hit with your hands

ro chirugi - the blow of the same name

bandu chirugi - a return (various) blow with the hand

dvitt jibo chirugi - inverted blow (back of fist down)

sevo chirugi - vertical hand strike

gokdja chirugi - "G" figurative hand strike

dollyo chirugi - a circular blow

bandal chirugi - arcuate blow

sun sonkut tulgi - strike with your fingertips, palm upright

opun sonkut tulgi - strike with fingertips, palm down

homi sonkut tulgi - corner kick with your fingertips

dvitt jibo sonkut tulgi - strike with fingertips, palm up

olloyo chirugi - punch up

ap palkup terigi - elbow blow forward

vi palkup teriga - elbow blow from the bottom up
nopunde palkup terigi - elbow blow from the side up

vi - move palkup teriga - a blow with one elbow from the bottom up another back

palkup tulgi - a prickly blow to the elbow.

neryo - blow from top to bottom (options: cherugs, tulgi, terigi)

ibo jumok chirugi - a pair of punches

ibo jung kong gok - double blow (attack)

sambo jung kong gok - triple strike (attack)

yonsok kong gok - consecutive strike (attack)

hon ap kong gok - combined strike (attack)

terigi bandal - arcuate blow (options: dream / hand bandal, arch, jeep dream / hand ticks)

goodgi - cutting blow, cut (options: anuro, bakuro)

hecho terigi - wedging blow (options: sonkal, son dung, dung jumok)

6. Kicks

ap, yup, dvitt cha olligi - foot forward, sideways, backward (used for warm-up, flexibility or blocking)

murup chagi - a blow to the knee (options: ap, olle, dolyo, bituro)

ap chagi busigi - a whip kick forward

dvit chagi busigi - a whip kick

yup chagi chirugi - kick to the side (side piercing blow)

dvit chagi chirugi - kick back

dvitt chagi miligi - pushing back

dollyo chagi - a circular blow

bande dollyo chagi - a reverse circular strike

horro chagi - a blow with an overflow of a shin

neryo chagi (anuro-, bakuro-) - blow from top to bottom (inwards, outwards)

sevo chagi - vertical blow

bituro chagi - twisting blow

ilbo chagi - a blow with a step

i chagi - a blow with a step

twimmyo chagi - a blow in the jump

ibo jung chagi - two kicks

sambo jung chagi - three kicks

honap chagi - a combined kick

yonsok chagi - successive kicks

tolme chagi (toro chagi) - a blow with a reversal

cha mommchigi - controlling kick (options: ap cha momchigi, yup cha momchigi)

bandal chagi - is an arcuate blow

bada chagi - a counterattack kick

tvimmyo nomo ap chagi - kick in the long jump

twimmyo nopi ap chagi - kick in the jump up

twimmyo sambo bang chagi - kicks in a jump in three directions

twimmyo sambo jung chagi - three kicks in a jump, (options: sudzhik / vertical, supyong / horizontal)

twimmyo ibo jung chagi - two kicks in a jump (options: sudjik / vertical, supiong / horizontal)

twimmyo sangbang chagi - double kick in the jump in two directions (options: twimyo up move chagi anteroposterior kick in the jump, time jup bituro chagi / jump in the jump one foot hits the other side performs a twist kick)

tvimmyo san bal chagi - double hit in the jump (options: ap, yup, dolle, nopi)

twimmyo sang bal ap cha mosigi - double controlling blow in the jump

tvimmyo kavi chagi - is a scissor like blow in a jump

twimmyo rosonsik chagi - a spiral blow in a jump

bal dulgi - blowing the leg (to protect against a blow to the leg)

bal golgi - cutting

bujapgo chagi - a kick with the simultaneous capture of the hands of another opponent

golcho chagi - block foot imposing

joma chagi - flip (options: ap kumchi, dvit chuk)

dorro chagi - a swinging blow (used to protect the groin, shin and ankle or to attack the enemy's ankle)

gokeng i chagi - peak-like blow

nulo chagi - a pressing blow (variants: anuro, bakuro)

bansa chaga - repulsive blow (performed after repulsion from the wall of another opponent, etc.)

cha bapgi - is a blunt blow

jigo chagi - direct hit (options: ap, dvit)

siro chagi - sweeping blow (options: Balkal Dung, Dvitchuk)

7. Protection techniques

hecho makgi - is a wedging block

nadjunde makgi - protection of the lower part of the body

kaunde makgi - protection of the middle part of the body

nopunde makgi - protection of the upper body

ap makgi - straight block (block from the attack in the center of the body in front, the position of the body front "onm")

yup makgi - side block (semi-frontal or side position of the body that blocks the surface on the shoulder line)

yup ap makgi - lateral straight block (frontal position of the body, blocking the surface on the shoulder line)

chukyo makgi - the top

sang makgi - double block

dollyo makgi - circular block

golcho makgi - the imposing block

olloyo makgi - block from the bottom up

nulo makgi - presses the block

miro makgi - pushing block (options: sonbadak, du palmok, son kal, son kal dung)

momcho makgi - control unit (options: kecha jomuk / cross) fists, kecha sonkal / cross ribs of the palm, ve san san palms / one straight forearm, sang san palmok / two straight forearms

ve san sonkal - one straight edge of the palm

sang san sonkal - two straight ribs of the palm

ibo bandalson makgi - a pair of arcuate block

diro makgi - is a lifting block

guja makgi - block in the shape of the number "9"

du palmok makgi - forearm block with second hand reinforcement

digutja makgi - U - similar block

mongdung-i makgi - U - shaped block (synonymous with Diguja McGee)

diguja japgi - U-shaped hobby

mongdung-i japgi - U - figurative hobby (synonymous with diguja japgi)

neryo makgi - block from top to bottom (options: sleep badak / palm, sang sleep badak / two) two palms, scale sleep badak / alternate palms, palms / forearms, sonkal / palm edge, sang sonkal / two palm ribs, san palkup / straight elbow, ketcha jomuk / cross fists, ketch sleep kal / cross ribs of the palm)

mom nachugi - lowering the body (kidneys)

bujaba makgi - a block of admiration

debie makgi - block (options: palms / forearms, sonkal / ribs) palms, sonkal dung / back palm ribs)

sun makgi - W-shaped block (options: en palmok, bakat palmok, son kal, sonkal dung)

supyong malkgi - horizontal blow (options: sleep badak, sonkal)

narani makgi - parallel block (variants: en palmok, bakat palmok, son kal, sonkal, son dung, dung palmok)

8. Preparatory exercises

1. **Sadji Chirugi** - strikes in four directions

2. **Sadji Makgi** - a block in four directions

9. Technical complexes (hyung)

Hyung is elected by the judges from the following:

1. CHON-JI,
2. DAN-GUN,
3. DO-SAN,
4. CHI-SAN,
5. WON-HYO,
6. YUL-GOK,
7. DHAN-CUN,
8. JOON-GUN,
9. TOI-GYE,
10. HWA-RANG,
11. CHOONG-MOO,
12. KWAN-GAE,
13. PO-EUN,
14. GE-BEAK,
15. CHI-GOO,
16. EUI-AM,
17. CHOONG-JANG,
18. JU-CHE,
19. CHOOK-AM,
20. SAM-IL,
21. CHOI-YONG,
22. YOO-SIN,
23. PYONG-HWA,
24. UL-JI,
25. YONG-GAE,
26. MOON-MOO,

- 27. SAN-DAK,
- 28. SO-SAN,
- 29. SE-JONG,
- 30. TONG-IL.

For 9-3 gip (9 exercises) - one of 9 to TOI-GYE;
For 2-1 hip (11 exercises) - one of 11 to CHOONG-MOO;
For 1 Dan (15 exercises) - one of 15 to CHI-GOO;
For 2 Dan (19 exercises) - one of 19 to CHOOK-AM;
For 3 Dan (23 exercises) - one of 23 to PYONG-HWA;
For 4 and above Dan (30 exercises) - one of 30.

10. Principles of Taekwondo

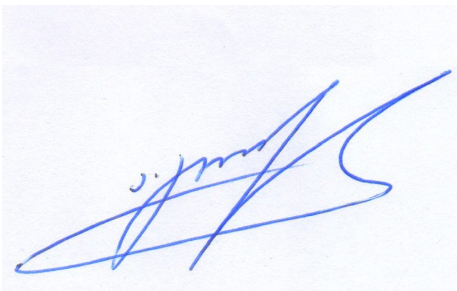
e iy - courtesy, courtesy, etiquette
em chi - honesty, straightforwardness, purity, completeness
in ne - perseverance, patience, resilience, perseverance
guk gi - self-control
backjol bulgul - restless (unshakable) spirit

11. Moral culture

in - humanism
iy - justice, virtue
e - correctness
ji - is wisdom
sin - trust

12. Theory of force

bandong ryok - the force of opposition
jeep jung - concentration
kyung yyung - balance
dongchok anjong - dynamic stability
hoop jojol - breath control
jilang - mass
sokdo - speed
banning - reaction



GM Alexander Gongadze
Vice-President, Head of the Certification,
Technical and Disciplinary Committees.
Black belt IX DAN